



Dreamsicle Overnight Oatmeal Parfait



Entire recipe: 306 calories, 4g total fat (0.5g sat. fat), 301mg sodium, 51.5g carbs, 6g fiber, 20.5g sugars, 18.5g protein

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Prep: 5 minutes

Chill: 6 hours



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Ingredients

1/2 cup old-fashioned oats
1/2 cup unsweetened vanilla almond milk
Dash salt
2 packets no-calorie sweetener (like Truvia)
1/2 tsp. vanilla extract
1/2 cup fat-free plain Greek yogurt
2/3 cup mandarin orange segments packed in juice, drained

Directions

In a medium bowl, combine oats, almond milk, and salt. Add 1 sweetener packet and 1/4 tsp. vanilla extract. Mix well.

Cover and refrigerate for at least 6 hours, until oats are soft and have absorbed most of the liquid.

In a small bowl, mix yogurt with remaining sweetener packet and 1/4 tsp. vanilla extract.

Stir oatmeal. In a tall glass or medium jar, layer half of the oatmeal, half of the yogurt, and half of the orange segments. Repeat layering with remaining oatmeal, yogurt, and orange segments.

MAKES 1 SERVING

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